



Depression

Feeling down once in a while is normal. But some people feel a sadness that just will not go away. Feeling this way most of the day for two weeks or more is a sign of depression. Studies show that people with diabetes have a greater risk of depression than people without diabetes.



The stress of daily diabetes management can build. You may feel alone or set apart from your friends and family. Even tension between you and your healthcare provider may make you feel frustrated and sad.

Diabetes that is in poor control can cause symptoms that look like depression. High or low blood sugar may make you feel tired or anxious. Low blood sugar levels can also lead to hunger and eating too much. If you have low blood sugar at night, it could disturb your sleep. If you have high blood sugar at night, you may get up often to urinate and then feel tired during the day.

Symptoms of depression may include loss of pleasure, change in sleep patterns, waking up earlier than usual, change in appetite, trouble concentrating, feeling tired all the time, nervousness, guilt, morning sadness (you feel worse in the morning than the rest of the day) or suicidal thoughts. If you have three of more of these symptoms or you just have one or two but have been feeling bad for two weeks or more, call your healthcare provider.

Meal Planning

Eating healthy is important for everyone. It is especially important for people with diabetes because the type and amounts of food can affect your blood glucose (sugar). By choosing what and when you eat, following the food pyramid and reading food labels, you can help maintain healthy blood glucose levels and reduce your risk of long-term complications from diabetes.

Chili with Beans	
Nutrition Facts	
Serving Size: 1 cup (253 g)	
Servings per container: 2	
Amount per Serving	
	Calories from Fat 72
Calories 260	% Daily Value
Total Fat 8g	13%
Saturated Fat 3g	17%
Cholesterol 130mg	44%
Sodium 1010mg	42%
Total Carbohydrate 22g	7%
Dietary Fiber 9g	36%
Sugars 4g	
Protein 25g	

One method to guide you in planning healthy meals is the Exchange List. The

exchange system divides foods into groups—



carbohydrates (starches, fruits, milk, vegetables and other carbohydrates), meats and meat substitutes and fats—and tells you how many of each category you should eat each day. The Exchange Lists are available through your healthcare provider or diabetes educator. Every person with diabetes should have a meal plan based on your needs and lifestyle. To find a registered dietician near you:

1. Local Diabetes Center of Excellence located

within the Floyd County Health Department.

2. Call the American Diabetes Association Recognized Diabetes Education Programs at 1-800-DIABETES or 1-800-342-2383.
3. Call the American Dietetic Association at 1-800-366-1655 and ask for the names of dietitians in your area that specialize in diabetes.
4. Call the American Association of Diabetes Educators at 1-800-TEAM-UP4 or 1-800-832-6874. The operator will give you the names of several diabetes educators in your zip code.

Eating Healthy with Diabetes During Get Togethers

Winter is a season of holiday celebrations, football games and other occasions when family and friends get together over meals and snacks. For people with diabetes, it can be hard to stick to a meal plan. Mouth-watering foods like honey-baked ham, buttery mashed potatoes and sweet yams are popular for holiday dinners, while chicken wings, cheesy nachos and chips are among the favorites at football games and other gatherings. You don't have to completely give up all of your favorite foods! The key is to make a variety of healthy food choices and limit portion sizes.

Follow these tips from the National Diabetes Education Program (NDEP) to help you eat healthy during gatherings throughout the winter season:

- **Eat a healthy snack.** Eating a healthy snack before leaving home can prevent over-eating at a gathering.



- **Plan ahead.** Check out the party food options before you begin eating and make a mental note of what and how much you will eat. Your food choices should fit into your meal plan.
- **Bring a dish.** Share your healthy dish with family and friends.
- **Move away from the buffet.** Fix your plate, then step

away from the food table to avoid eating more while talking.

- **Savor the flavor.** Eating slowly reduces your chances of overeating.
- **Drink H₂O.** Water is a healthy, no-calorie beverage. Drink plenty of it.



- **Trim it down.** Eat smaller portions of food. Trim off extra skin and fat from meat.
- **Party hard!** Focus on family, friends and activities rather than food. Stay active by participating in games or dancing.

Tips for Healthier Foods

Follow these tips when serving healthy meals to your guests:

- **Bake it. Broil it. Grill it.** Consider healthy alternatives to traditional meats. Choose skinless meat or poultry and avoid fried dishes.
- **Increase fiber.** Serve whole grain breads, peas and beans as part of your meals.
- **Easy on the toppings.** Lighten your recipes by using reduced-fat or fat-free mayonnaise, butter, sour cream or salad dressing.
- **Focus on fruits.** Serve fresh or canned fruits instead of ice cream, cake or pie. Transform high fat, high-calorie desserts by replacing whole milk or whipped cream with 1% or nonfat milk.
- **Serve low-calorie beverages.** Offer your guests sparkling water or diet beverages.



You are all in this together. Support your family and friends by encouraging them to eat healthy during the winter months and throughout the year.

Be Smart About Your Heart: Control the ABCs of Diabetes

If you are one of the nearly 21 million Americans with diabetes, you are at high risk for heart attack and stroke. Heart disease is more likely to strike you—and at an earlier age—than it is your friends and family that don't have diabetes. In fact, heart disease and stroke are the cause for about 65% of deaths in people with diabetes. You can fight back! You can prevent heart attack and stroke by controlling the **ABCs** of diabetes.



- **A is for A1C.** The A1C test measures your average blood glucose (sugar) over the last 3 months.
- **B is for blood pressure.** High blood pressure makes your heart work too hard.
- **C is for cholesterol.** Bad cholesterol, or LDL, builds up and clogs your arteries.

Work with Your Healthcare Provider

Ask your healthcare provider these questions:



- *What are my ABC numbers?* Your A1C level should be tested at least twice a year. Blood pressure should be checked at each visit and cholesterol should be tested at least once a year.
- *What should my ABC target numbers be?* For most people with diabetes, the goals of A1C below 7, blood pressure below 130/80 and LDL cholesterol below 100.
- *What actions should I take to reach my ABC target numbers?* You and your healthcare provider should put together an action plan of lifestyle changes and medications (if needed) to help you reach and maintain your goals for the ABCs of diabetes.

Take Action Now

You can take action now to lower your risk for heart attack and stroke and other diabetes problems. Work with your healthcare provider and get started now:

- Get at least 60 minutes of physical activity, such as brisk walking, most days of the week.
- Eat less fat and salt.
- Eat more fiber—choose whole grains, fruits, vegetables and beans.
- Stay at a healthy weight.
- Stop smoking—ask your healthcare provider for help.
- Take medicines as prescribed.
- Ask your healthcare provider about taking aspirin.
- Ask others to help you manage your diabetes.



For more information on the link between diabetes and heart disease, contact the National Diabetes Education Program at 1-800-438-5383 or www.ndep.nih.gov.

The National Diabetes Education Program promotes awareness of the ABCs of diabetes through its Be Smart About Your Heart. Control the ABCs of Diabetes campaign. The US Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.



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<http://chfs.ky.gov/dms/hi/default.htm>

Roasted Turkey

Number of Servings: 10

Serving Size: 4 oz.

12 pound turkey, giblets removed, washed inside & out 2 Tbsp water
 1 cup low-fat, low sodium chicken broth 3 Tbsp olive oil
 2 Tbsp poultry seasoning 2 Tbsp paprika
 2 onions, cut into wedges fresh ground pepper to taste
 3 small oranges, unpeeled, cut into wedges

1. Preheat the oven to 325^oF. With your fingers, lift up the skin covering the turkey breast. Combine the oil, paprika, poultry seasoning and pepper. Rub this mixture over the surface of the turkey. Place the oranges and onions inside the turkey.
2. Place the turkey, breast side up, in a roasting pan. Pour the chicken broth into the bottom of the pan. Cover loosely with aluminum foil. Roast for 20-25 minutes per pound, basting periodically. During the last 45 minutes of roasting, remove cover. Continue to roast until the leg moves easily and juices run clear. Let stand for 20 minutes to help let juices settle for easier carving.

Amount per serving:

Calories	240	Total Fat	11g	Saturated Fat	3g	Cholesterol	81mg
Sodium	69mg	Carbohydrate	0g	Dietary Fiber	0g	Protein	32g

*This information is for educational purposes, it is not intended to replace medical advice from your healthcare provider.
 Please consult your healthcare provider for advice about a specific medical condition.*

